The answer:
All praise is for Allah and peace and blessings upon his messenger and upon his family and companions and whoever follows his guidance.

As for what precedes then there is no doubt that magic is a reality. And it occurs and has an effect with Allah's permission

وَمَا يُعَلِّمَانِ مِنْ أَحَدٍ

"But they do not teach anyone"

surah Baqarah ayah 102.

Meaning the two angels

حَتَّى يَقُولا إِنَّمَا نَحْنُ فِتْنَةٌ فَلا تَكْفُرْ فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ وَمَا هُمْ بِضَارِّينَ بِهِ مِنْ أَحَدٍ إِلَّا بِإِذْنِ اللَّهِ

Until they say, "We are a trial, so do not disbelieve [by practicing magic]." And they learn from them that by which they cause separation between a man and his wife. But they do not harm anyone through it except by permission of Allāh.
Surah baqarah ayah 102.

So sihr has an effect however it is with Allah's universal decree, Therefore there isn't anything in existence anything except that it's under the judgment and decree of Allah. However this sihr has a treatment and cure. It certainly afflicted the Prophet so Allah purified him from it and saved him from its evil. And they found what the magician did, Took it and destroyed it, So Allah absolved his prophet from that.

And similarly if what the magician has done from knotting threads and fastening nails together or other than that is found it's destroyed.

Because from the practices of the magicians is blowing in knots and striking them whilst intending something despicable. And of course what they intend is carried out by Allah's permission or nullified for our Rabb is powerful over all things, Glorified and exalted is he.

And sometimes the magic is treated with reciting the Quran. Whether the afflicted person reads himself if he still has a sound mind or someone else reads upon him. Then blows on his chest or any part from his body.

Surah al Fatiha and Ayatul kursi, Surah al Ikhlas and falaq and Nas are read upon him, The known Ayat of sihr from surah araaf, Surah yunus and Surah Taha.

And from Surah Araf:

وَأَوْحَيْنَآ إِلَىٰ مُوسَىٰٓ أَنْ أَلْقِ عَصَاكَ فَإِذَا هِيَ تَلْقَفُ مَا يَأْفِكُونَ ١١٧ فَوَقَعَ ٱلْحَقُّ وَبَطَلَ مَا كَانُوا يَعْمَلُونَ ١١٨ فَغُلِبُوا۟ هُنَالِكَ وَٱنقَلَبُوا۟ صَٰغِرِينَ ١١٩

And We inspired to Moses, "Throw your staff," and at once it devoured what they were falsifying. So the truth was established, and abolished was what they were doing. And they [i.e., Pharaoh and his people] were overcome right there and became debased.
117-119

And from Surah Yunus:
وَقَالَ فِرْعَوْنُ ائْتُونِي بِكُلِّ سَاحِرٍ عَلِيمٍ ۝ فَلَمَّا جَاءَ السَّحَرَةُ قَالَ لَهُمْ مُوسَى أَلْقُوا مَا أَنْتُمْ مُلْقُونَ ۝ فَلَمَّا أَلْقَوْا قَالَ مُوسَى مَا جِئْتُمْ بِهِ السِّحْرُ إِنَّ اللَّهَ سَيُبْطِلُهُ إِنَّ اللَّهَ لا يُصْلِحُ عَمَلَ الْمُفْسِدِينَ ۝ وَيُحِقُّ اللَّهُ الْحَقَّ بِكَلِمَاتِهِ وَلَوْ كَرِهَ الْمُجْرِمُونَ]
79-82

And Pharaoh said, "Bring to me every learned magician." So when the magicians came, Moses said to them, "Throw down whatever you will throw." And when they had thrown, Moses said, "What you have brought is [only] magic. Indeed, Allāh will expose its worthlessness. Indeed, Allāh does not amend the work of corrupters. And Allāh will establish the truth by His words, even if the criminals dislike it." Surah Yunus 79-82

And from surah Taha:
قَالُوا يَا مُوسَى إِمَّا أَنْ تُلْقِيَ وَإِمَّا أَنْ نَكُونَ أَوَّلَ مَنْ أَلْقَى ۝ قَالَ بَلْ أَلْقُوا فَإِذَا حِبَالُهُمْ وَعِصِيُّهُمْ يُخَيَّلُ إِلَيْهِ مِنْ سِحْرِهِمْ أَنَّهَا تَسْعَى ۝ فَأَوْجَسَ فِي نَفْسِهِ خِيفَةً مُوسَى ۝ قُلْنَا لا تَخَفْ إِنَّكَ أَنْتَ الأَعْلَى ۝ وَأَلْقِ مَا فِي يَمِينِكَ تَلْقَفْ مَا صَنَعُوا إِنَّمَا صَنَعُوا
كَيْدُ سَاحِرٍ وَلا يُفْلِحُ السَّاحِرُ حَيْثُ أَتَى

They said, "O Moses, either you throw or we will be the first to throw." He said, "Rather, you throw." And suddenly their ropes and staffs seemed to him from their magic that they were moving [like snakes]. And he sensed within himself apprehension. We [i.e., Allāh] said, "Fear not. Indeed, it is you who are superior. And throw what is in your right hand; it will swallow up what they have crafted. What they have crafted is but the trick of a magician, and the magician will not succeed wherever he is."
Surah Taha 65-69

And he also recites Surah kafiroon to the end. Surah Al ikhlas, Surah falaq and Surah nas and it’s good to repeat surah ikhlas, Falaq and Nas three times. Then he makes dua for his healing.

اللَّهُمَّ رَبَّ النَّاسِ، أَذْهِبِ الْبَاسَ، اشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءً لَا يُغَادِرُ سَقَمًا

"O Allah, Lord of mankind, remove the harm and heal, for You are the Healer. There is no healing except Your healing, a healing that leaves no illness behind."

[Sahih al-Bukhari: 5745]

meaning no disease [remains]. Similarly, recite:

بِاسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَىْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنِ حَاسِدٍ اللَّهُ يَشْفِيكَ بِاسْمِ اللَّهِ أَرْقِيكَ .

"In the name of Allah, I perform ruqya for you, from everything that harms you, and from the evil of every envious soul or eye. May Allah heal you. In the name of Allah, I perform ruqya for you."

Repeat this three times and pray for his healing and well-being.

If he says in his ruqya:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

"I seek refuge in the perfect words of Allah from the evil of what He has created,"

[Sahih Muslim: 2708]

and repeats it three times, this is also good.

All of that is from the beneficial treatment, And if he recites these ayat and supplications over water then drinks from it, Washes with the remainder of it and sprinkles it on himself. Then that is also from the means of healing and well being.

Similarly if he crushes seven Green sidr leaves and places them in the water this likewise is from the means of healing.

This indeed has been practiced many times and Allah has benefited others by means of it, We Infact did this with many people and Allah aided them, So this is a beneficial cure for those afflicted with sihr. And similarly this treatment benefits the one who is prevented from his wife. Some people are prevented from their wives due to causes and not able to have intercourse with them.

If these Ayaat and supplications are recited, whether one recites them for oneself, someone else recites them for the person, or they are recited over water which is then drunk and the remainder used for bathing, or if seven sidr (lote tree) leaves are used, the Ayaat mentioned earlier are recited over them, and then the person

bathes with it, all of this is beneficial, in sha Allah, for those affected by magic or prevented from being with their wives. Healing is in the hands of Allah, the Almighty. These are merely means, and Allah is Al-muwaffiq (the one who grants tawfeeq), the Exalted. Everything happens by His will, both the cure and the ailment are decreed by Him.

Allah has not sent down any disease without also providing its cure, as a favor from Him, the Exalted. However, some may know it while others remain ignorant. And Allah is Al-muwaffiq